

PHQ-9 Navigation Protocol

Interpretation of Score	Protocol
4 or less	<ul style="list-style-type: none"> ✓ Offer information on PMAD and handouts addressing nutrition & sleep
5-9	<ul style="list-style-type: none"> ✓ Encourage family or other support systems ✓ Consider referral to Nurture 2 Nurture
10-19	<ul style="list-style-type: none"> ✓ Automatic referral to Nurture 2 Nurture Care Coordinator (559-244-4580 or 559-675-4004) Referrals can be done to Nurture 2 Nurture by faxing the screen to 244-4589. ✓ Other referrals if applicable
20+	<ul style="list-style-type: none"> ✓ Insist on treatment through Nurture 2 Nurture Program, or other behavioral health services available to client

<p>Question 9</p>	<p>If there is a positive answer on question 9, further discussion with the patient is required to determine if it is an urgent care issue. The following questions can be used to help determine this: “Often when women are depressed, they have negative thoughts about harming themselves. In the past month did you:</p> <ol style="list-style-type: none"> 1. Feel that you would be better off dead? 1 point 2. Want to harm yourself? 2 points 3. Think about suicide? 6 points 4. Have a suicide plan? 10 points 5. Attempt suicide? 10 points 6. In your lifetime, have you ever attempted suicide? 4 points <p>1-5 points = low risk, referral within 1 business day necessary 6-9 points = moderate risk, consider urgent care > 10 points = high risk, urgent care necessary</p>
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